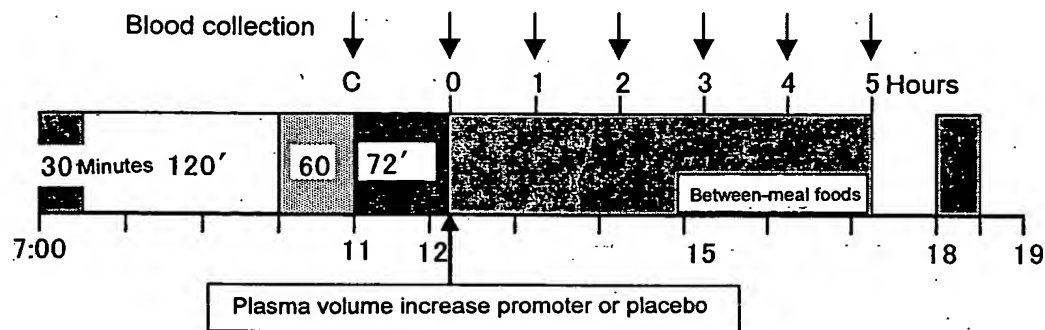
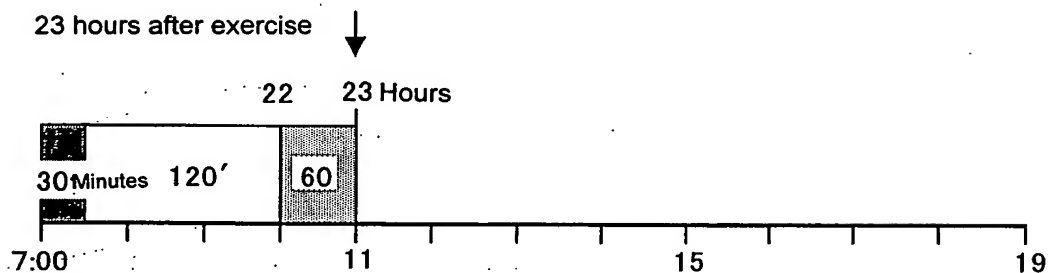


Fig.1

Control before exercise – exercise – 5 hours after exercise



23 hours after exercise



Resting in a sitting position

28°C (Ambient temperature)

Measured while resting in a sitting position

28°C

Endurance exercise

19°C

Meal

28°C

Endurance exercise

Upright bicycle ergometer

[a 4-minute exercise at 80% VO_{2max} — a 5-minute exercise at 20% VO_{2max}] x 8

Fig.2



Fig.3



Fig. 4

